

Fuji Apple, Chicken and Bleu Cheese Salad

Ingredients:

- 3 Fuji apples, cored and cubed
- 3 Boneless skinless chicken breast halves, cooked, cubed
- 1 c Seedless red grapes, cut in halves if large
- 5 c Mixed salad greens
- 1/4 c Fat-free mayonnaise (for Dressing)
- 1/4 c Crumbled bleu cheese (for Dressing)
- 1-1/2 t Lemon juice (for Dressing)

Directions:

Toss together apples, chicken, and grapes with bleu cheese dressing. Divide greens between four salad plates. Place a generous cupful of apple-chicken salad on each plate.

Makes 4 servings.

Nutritional Information (per serving)

Calories: 249

Fat: 6 g

Calories from Fat: 20

Cholesterol: 56 mg

Fiber: 3g

<http://www.sib.state.ok.us/BleuCheeseSalad.asp>

